

CLAIMS

What is claimed is:

1. A method for increasing lactose tolerance in a subject experiencing lactose intolerance comprising the steps of:

administering a first dosage of a lactose containing product to the subject each day for a first predetermined number of days;

administering a predetermined amount of live cultured bacteria to the subject each day in conjunction with the administering the first dosage, said administering of the live culture bacteria commencing on the first day of the first predetermined number of days and continuing over a second predetermined number of days;

increasing the first dosage over the course of the first predetermined number of days;

administering a second dosage of the lactose containing product to the subject each day starting at a first predetermined point during the first predetermined number of days; and

increasing the second dosage over the course of the first predetermined number of days.

2. The method set forth in claim 1, wherein said first predetermined number of days is about 42 days.

3. The method set forth in claim 2, wherein said second predetermined number of days is two days.

4. The method set forth in claim 3, wherein said first predetermined point is about the nineteenth day of said first predetermined number of days.
5. The method set forth in claim 4, wherein said second predetermined point is about the thirty-fifth day of the first predetermined number of days.
6. The method set forth in claim 5, wherein the lactose containing product is milk.
7. The method set forth in claim 5, wherein the lactose containing product comprises lactose powder.
8. The method set forth in claim 7, wherein the lactose powder is in granular form.
9. The method set forth in claim 7, wherein the lactose powder is contained in capsules.
10. The method set forth in claim 6, wherein said first dosage comprises about 1 tablespoon of milk for days 1-3 of said first predetermined number of days, said first dosage increasing at a rate of 1 additional tablespoon for each day beginning with day 4 such that by about day 18 of said first predetermined number of days said first dosage is about 16 tablespoons of milk.

11. The method set forth in claim 10, wherein said second dosage comprises about 1 tablespoon of milk starting on about day 19 of said first predetermined number of days, said second dosage increasing at a rate of 1 additional tablespoon of milk for each day such that by about day 34 of said first predetermined number of days said second dosage is about 16 tablespoons of milk, said second dosage being administered at a time of the day other than when said first dosage is administered.
12. The method set forth in claim 11, further comprising:
- discontinuing administering of the first and second dosage at a second predetermined point during the first predetermined number of days; and
 - administering to the subject a second lactose containing product in a predetermined amount twice each day beginning at said second predetermined point and continuing for a remainder of said first predetermined number of days;
- wherein said predetermined amount of said second lactose containing product administered starting at said second predetermined point comprises about 9 ounces of milk, said predetermined amount of said second lactose containing product increasing at a rate of 1 ounce each day for three days such that on about day 38 of the first predetermined number of days said predetermined amount of lactose containing product administered comprises about 12 ounces of milk.

13. The method set forth in claim 8, wherein said first dosage comprises about 0.8 grams of lactose powder for days 1-3 of said first predetermined number of days, said first dosage increasing at a rate of about 0.8 additional grams for each day such that by about day 18 of said first predetermined number of days said first dosage is about 12.8 grams of lactose powder.

14. The method set forth in claim 13, wherein said second dosage comprises about 0.8 grams of lactose powder starting on about day 19 of said first predetermined number of days, said second dosage increasing at a rate of about 0.8 additional grams of lactose powder for each day such that by about day 34 of said first predetermined number of days said second dosage is about 12.8 grams of lactose powder, said second dosage being administered at a time of the day different than when said first dosage is administered.

15. The method set forth in claim 14, further comprising:
discontinuing administering of the first and second dosage at a second predetermined point during the first predetermined number of days; and
administering to the subject a second lactose containing product in a predetermined amount twice each day beginning at said second predetermined point and continuing for a remainder of said first predetermined number of days;
wherein said predetermined amount of said second lactose containing product administered starting at said second predetermined point comprises about 9 ounces of milk, said second predetermined amount of lactose containing product increasing at a rate of 1 ounce each

day for three days such that on about day 38 of the first predetermined number of days said predetermined amount of lactose containing product administered comprises about 12 ounces.

16. The method set forth in claim 12, further comprising discontinuing the administering of said second lactose containing product on about day 39 of the first predetermined number of days and administering varying doses of cheese for two days thereafter with dinner.

17. The method set forth in claim 15, further comprising discontinuing the administering of said second lactose containing product on about day 39 of the first predetermined number of days and administering varying doses of cheese for two days thereafter with dinner.

18. The method set forth in claim 17, wherein said steps of administering are performed without meals.

19. The method set forth in claim 17, wherein said steps of administering are performed in conjunction with meals.

20. The method set forth in claim 19, wherein said step of administering a first dosage is performed with dinner, said step of administering a second dosage is performed with breakfast, said step of administering a lactose containing product is performed with breakfast and dinner.

21. The method set forth in claim 12, further comprising discontinuing the administering of said second lactose containing product on about day 39 of the first predetermined number of days and administering varying doses of cheese for two days thereafter with dinner.

22. The method set forth in claim 21, wherein said steps of administering are performed without meals.

23. The method set forth in claim 21, wherein said steps of administering are performed in conjunction with meals.

24. The method set forth in claim 23, wherein said step of administering a first dosage is performed with dinner, said step of administering a second dosage is performed with breakfast, said step of administering a lactose containing product is performed with breakfast and dinner.

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